

# quit partner

Free help to quit your way

Quit Partner is Minnesota's free way to quit nicotine, including smoking, vaping and chewing. We can support your quit with one-on-one coaching and other helpful tools. Whenever you need us, we're here to help 24/7.

## Helpful Tools

Quit your way by choosing which free tools you'd like to try.



Free medications like patches, gum or lozenges.\*



Text messages with tips and advice.\*\*



Helpful emails to support you along the way.\*\*

## Quit Coaching

Get free one-on-one quit coaching over the phone or online from trained coaches who help people just like you every day. Just by signing up, you'll get to use these helpful tools for free:



Free patches, gum or lozenges\*



Text messaging\*\*



Email support\*\*

or



Coaching over the phone or online



Welcome package



**2X** DOUBLE YOUR CHANCES OF QUITTING

Ready to quit?

We're ready to help.

**1-800-QUIT-NOW**  
**QuitPartnerMN.com**

\*18+  
\*\*13+